

9 Week Advanced Runners Schedule

WEEK 1-Running Schedule for Advanced Runners

Mileage

Monday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	5	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 20 push-ups, 30 crunch sit ups, 20 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 8 minutes jump rope, 20 reverse lunges, 25 crunch sit ups – if you feel good, do THREE sets!

WEEK 2-Running Schedule for Advanced Runners

Mileage

Monday	2	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 20 push-ups, 40 crunch sit ups, 20 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 8 minutes jump rope, 20 reverse lunges, 30 crunch sit ups.

WEEK 3-Running Schedule for Advanced Runners

Mileage

Monday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	7	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 10 minutes jump rope, 20 reverse lunges, 30 crunch sit ups.

WEEK 4-Running Schedule for Advanced Runners

Mileage

Monday	2	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 10 minutes jump rope, 20 reverse lunges, 35 crunch sit ups.

WEEK 5-Running Schedule for Advanced Runners

Mileage

Monday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	8	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 30 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 12 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

WEEK 6-Running Schedule for Advanced Runners

Mileage

Monday	2	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 35 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 15 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

WEEK 7-Running Schedule for Advanced Runners

Mileage

Monday	4	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	10	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 40 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 15 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

WEEK 8-Running Schedule for Advanced Runners

Mileage

Monday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 40 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 15 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

WEEK 9-Running Schedule for Advanced Runners

Mileage

Monday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike or swim. Follow post workout.
Thursday	6	Warm-up 10 minutes prior to starting. Follow post workout.
Friday	0	Active rest-walk, bike, hike or swim. Follow post workout.
Saturday	6	Warm-up 10 minutes prior to starting mileage. Follow post workout.
Sunday	0	Active rest-walk, hike, bike or swim. Follow post workout.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 40 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 15 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .